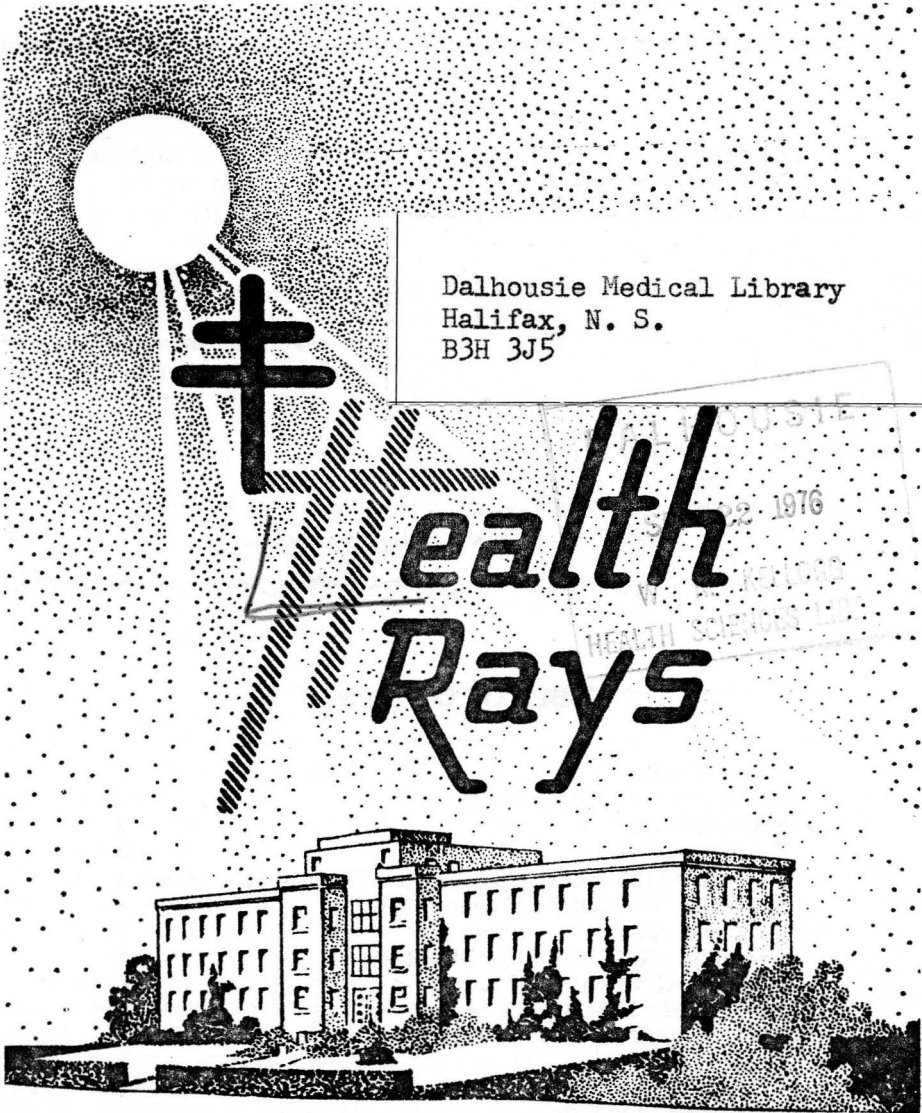


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Health Rays

The Miller Hospital
 Vol. 57 July - August No. 7
 1976

HEALTH RAYS

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TABLE OF CONTENTS

TELL IT LIKE IT IS	1
CONTINUING EDUCATION	2
WONDERING	2
AT WITS' END	3
OLD IDEALISTS ARE TRUE REALISTS, Sydney J. Harris	4
STRICTLY PERSONAL, Sydney J. Harris	4
DAY DREAMING	5
SMOKE HOUSES FOR SMOKERS?	6
EDITORIAL COMMENT	7
RESTORED, Bessie Fairn Mason	8
ANTI POLLUTION VITAMINS?	8
JUST JESTING	9
CHAPLAIN'S CORNER	10
IN APPRECIATION	11
OLD TIMERS	12
INS AND OUTS	14

Hospital Visiting Hours

DAILY: 1100 -- 2030 (11:00 a.m. -- 8:30 p.m.)

TELL IT LIKE IT IS

by
Nicole Strickland

Just for one, I'd like to see the ad boys tell it like it is.

Now that those nasty cigarette ads in full-blown glossy color are back in the magazine spreads, I'd like to see a little more realism shown by the camera's probing eye.

Click! Preserved for posterity - the shot of the guy hacking for 15 minutes after he gets out of bed.

Click! Caught it - the cigarette ash that burns a dime-sized hole in your chesterfield.

Click! Heaping ashtrays. Squashed butts. Yellow fingers and yellow teeth.

Click! Full color. Grey and black and spongy. The dissection of a human lung.

Click! Cancer of the lip. Cancer of the throat. Cancer of the lungs.

Click! The millions of quarters and dimes methodically plugged into vending machines and handed over counters by the million of smokers who wish they weren't.

Click, click, click! And what do we see instead? The camera's selective eye focuses on the couple sliding down a snowy mountain - all white teeth and wind-tossed hair and exuberance and youth. And there at the end of the happy romp is the caption "Wild Mild" and the artfully photographed pack of cigarettes, leaning towards the reader, one cigarette higher than the others, beckoning.

Click! Soft colors. A violin. French horn. Ballet slippers. Du Maurier. Class, man, class.

Click! The couple chatting it up in the rowboat. She's dunking her feet. Implicit sex. Cameo.

Click, Click! She's leaning on his shoulder, under the snowy pine. Looking in his eyes. His hair is curly, ski goggles pushing aside some of the

curls. He's handsome - of course. He's reaching . . . reaching . . . for one of her Benson and Hedges.

The message? Smoking is togetherness. Sportiness. Sex. Youth. The copy says "Smoother Because They're Longer". That's the angle. The pitch.

Your subconscious rationale may run something like "Maybe I won't smoke as many as fast . . . because they're longer." But that isn't in the ad.

The smallest print of all is the mandatory government warning: Danger to Health Increases with Amount Smoked". There aren't any pictures illustrating that line.

Come on, boys - tell it like it is.

—Selected

GOOD INSURANCE

There's no such thing as a safe cigarette. And little hope for one.

There is some evidence that cigarettes with lower tar and nicotine levels may be less hazardous than those with higher levels. But anything that burns—tobacco, lettuce, Kentucky bluegrass—creates gases that assault the lungs.

Insurance companies know the statistics. Many of the nation's life insurers provide discounts to people who don't smoke. Some companies offer lower rates to nonsmokers for automobile insurance, homeowners insurance, and disability income insurance. Smokers are involved in more traffic accidents, cause more home fires, and suffer greater disabilities than nonsmokers.

Before granting lower rates, some companies require that the person

(continued on Page 8)

CONTINUING EDUCATION

For many years the Rehabilitation Program in the Nova Scotia Sanatorium, and in the other treatment centres for tuberculosis in the Province, was centered around the provision of vocational training and the preparation training after discharge. We are, therefore, interested in reading, from time to time of the availability of courses at the various vocational schools, and certainly the number of students enrolled surpasses any figure that might have been suggested but a few years ago.

In a recent issue of the Adult Education Bulletin there is information concerning the activities at the Continuing Education Department of the Nova Scotia Institute of Technology, where classes are held each evening and Saturday mornings.

The Continuing Education Department at NSIT was formally organized in 1974. Just two years later, under the direction of Frank Milne, the department has multiplied its course listings by ten and multiplied its student body by nine. In January, 1974, when the first six courses were offered, there were 135 students enrolled. In September, 1975, there were 62 courses and 1,189 students.

'We started the program in response to a need for manpower re-training and up-grading', explained Mr. Milne. 'We wanted to offer business and industry, as well as the public, the opportunity to use the unique facilities of the Institute.'

Today, the courses available continue to emphasize technical training, but have expanded to include a wide variety of popular, hobby-type subjects.

FUTURE OF CONTINUING EDUCATION

Herman Timmons, Director of Adult Education for the Province of Nova Scotia, was one of the founding fathers

of the Continuing Education Program.

'There is a definite need to offer educational services to the community beyond those supplied to the regular daytime students. The question centers not on the appropriateness of the service, but on the extent'.

Mr. Timmons, in discussing the future of continuing education, suggested that a guiding philosophy would determine priorities when assessing the needs of the community in relation to the principles of the institution. 'If there are educational needs in the community that are not being met by other institutions or agencies, and if the institute has the appropriate resources - facilities, equipment, personnel, expertise - for meeting such needs, it would seem that, in principle, it has a responsibility to make the resources available to the community', he stressed.

WONDERING

What is our business in life? Not everyone gives the same answer, perhaps no one answer would satisfy every free thinking individual. Some may believe we are here to enjoy the good things of this world, and surely that is something everybody wants. Someone else might say that our business in life should be something like this:

To have a fitting destination or objective and to keep before us always the vision of one day reaching it.

To feel within us a deep sense of personal worthiness and to so live that we can maintain that sense undiminished and untarnished.

To live through the shattered dreams of youth and from them to shape new dreams based upon a larger vision of life and better understanding of

ourselves.

To endure adversity and to be disciplined by it without losing our faith, our hope or our courage.

To be patient with delay without succumbing to despair or accepting the fallacy that delay spells defeated.

To retain confidence that the human spirit is too strong to yield to pain, to malice, to envy, or to sorrow, and that it will survive any sin and every failure.

To recognize the value of good will toward men and never to put obstacles in the path of our fellowman who is also seeking a share of the world's happiness.

To live every day with one's main objective in mind, facing disappointments without bitterness, taking defeats only as temporary setbacks, never giving up as long as there is enough life and strength left to continue working toward our goal.

AT WIT'S END

by Erma Bombeck

The world is full of thrill seekers.

There are the people who endure the isolation and physical discomforts to climb mountains. There are the people who challenge the rapids in small rubber boats. There are those courageous men and women who jump over cars on bikes, and canyons in human rockets.

Me? I ride in taxicabs.

I've been doing it for more than 30 years and have had more than my share of adventure. Do I have a death wish? Of course not. So, why do I do it? Because they're there.

I rode my first cab in Chicago back in 1943. As a teenager, I had won a summer scholarship to Medill School of Journalism at Northwestern. I climbed into a cab at the depot and as it lurched away from the curb, the force threw my

suitcase into my kidney, causing me great pain. During my entire trip, my feet never once hit the floor. I knew then I would never have to question or prove my courage again.

The odd thing about people who ride in cabs is they are never given the honor that other heroes are afforded. No one appreciates the fact that you are only mortal. You bleed. You perspire. You experience fear. You have a will to live.

Looking back, I have had some memorable moments in taxicabs. There was the time a driver in Philadelphia was tailgating the car ahead of us at 55 mph while reading his resume to me hoping I could get him a job in advertising somewhere. (I'm rather proud of that one because when the car in front of us slowed down and my glasses landed on the dashboard, not once did I cry out).

There was a cab ride in Los Angeles I shared with a businessman whom I had never met before. We were helplessly tossed together so intimately in the back seat, we discussed our china pattern.

I have also endured the Grand Prix of taxi riding: a ride from the center of New York to Kennedy airport - in 20 minutes.

In Chicago recently, I climbed into a cab and immediately my throat closed up and I couldn't breathe for coughing. When I tapped on the glass, the driver informed me the battery was leaking acid.

Actually, it was a more humane way to travel in a cab - but I missed the adventure.

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OLD IDEALISTS ARE TRUE REALISTS

by Sydney J. Harris

A melancholy Reuters dispatch from Paris informs us that that lovely Champs Elysees - which Parisians like to boast is the most beautiful avenue in the world - is going the way of New York's Fifth Avenue and other expensive commercial strips.

An avenue is basically for walking, and gawking, and window-shopping, and sitting at a sidewalk table sipping an aperitif while observing all those other strange people walking and gawking and window-shopping.

But space has become so expensive on these urban avenues that many of the lovely little shops attracting pedestrians have been forced to move elsewhere. Half the shops on the Champs Elysees have disappeared in the last two decades, to be replaced by monolithic office buildings housing banks, insurance companies or international corporations.

The new buildings are well designed architecturally, with plazas and little ponds and modern sculpture - but they are cold, formal and austere. They invite you to admire, but not to browse or relax. They are testaments to the companies' vanity and good taste, not temptations to stroll and sit and shop.

Auto traffic grows thicker, parking becomes harder, and the remaining shops and cafes struggle for survival - eventually giving up and moving to more spacious and less expensive sites in the suburbs.

This has been happening throughout larger American cities, where the downtown districts virtually shut down after 5 p.m. and now it is happening in the centre of Paris from the Rond Point to the Arc de Triomphe. When that goes, what is there left for a city to be?

Planners and designers - dismissed as vague visionaries in the past - have long warned that downtowns were doomed if they continued to ignore the

social needs of the populace. They have advocated arcades and malls and art galleries and cafes and cabarets and theatres, rather than the crushing dominance of office buildings and automobile showrooms.

Only now - and perhaps too late - are the entrepreneurs and city officials beginning to realize that the old idealists are the true realists: that huge edifices are self-defeating, and merely monuments to the corporate ego.

The paradox is that the more expensive it becomes to build or rent in the central districts, the less attractive they become to strollers and shoppers and entertainment-seekers. There has to be something wrong with an urban economy that is so costly in its destructiveness.

STRICTLY PERSONAL

by Sydney J. Harris

Baseball is an older sport than tennis; it goes back to at least 1840, whereas modern tennis began only 100 years ago, in 1872, when the first outdoor courts were built in England.

Florence Nightingale was the first woman ever to be named "Florence"; she was born in that city, and until her subsequent fame, the feminine name "Florence" was unknown in the English-speaking world.

Speaking of cities, both London and Paris were named by the Romans during the Caesarian period: the former was the Roman fort Londinium, and the latter was a fishing village called Lutetia Parisiorium.

Sicilians wave "goodbye" with the same beckoning gesture that almost all other people employ to mean "come here".

The Oriental "rickshaw"; a mode of

travel identified with the ancient East, was actually invented by an American missionary in Japan.

The military title, "Marshall", which in many countries designates the officer of the highest rank, originally comes from the name of the lowly stable-boy, or keeper of the horses.

The custom of throwing rice at a wedding comes, oddly enough, from India.

The term "cowboy" did not originate in the West at all, but was a name adopted by a group of guerillas operating in New York State during the Revolutionary War. (It was then taken up by a gang of wild riders headed by one Ewen Cameron, who specialized in assaulting Mexicans soon after Texas became an independent state, in 1835, and only later came to mean the cow-punchers of the West).

Speaking of the Revolutionary War, Paul Revere is a national hero only because of Longfellow's poem, which celebrated the wrong men. Revere was captured by the British on the famous "midnight ride", and only Samuel Prescott got through to Concord with the message. Revere's military career was mediocre at best; once he was arrested and court-martialed for disobeying orders.

All the Old Testament was originally written like this: "Gd crtd, the hvns nd th rth", with consonants only, and it was not until a thousand years later that Hebrew scholars supplied vowel points which indicated the proper vocalization and followed the traditional pronunciation.

The Germans have never called themselves "Germans", and the origin of the name is totally unknown.

The first U.S. flag, raised by George Washington, had no stars on it at all, but the British crosses of St. George and St. Andrew.

A man may fail in duty twice,
And the third time prosper.

—Tennyson

DAY DREAMING

(Sometimes it pays off)

Sometimes when the hustle, bustle, noise and confusion of the everyday living seems to fog my brain and the cares and problems of the day seem especially heavy and hard to solve, I re-read the following bit of cherished verse from out of the past by Louise Imogene Guiney. It generally takes me back to God's world as He created it. When I can go out into the country and nature and listen to the quietness, or sometimes look out my office window over the spacious grounds of the hospital, or just in my favorite chair at home in the quiet of the evening, my cares seem to shed, and peace generally takes over in the place of confusion.

"The little cares
that fretted me,
I lost them yesterday
Among the fields above the sea,
Among the winds at play;
Among the lowing herds
The rustling of the trees
Among the singing birds,
The humming of the bees.

The fears of what
may come to pass,
I cast them all away,
Among the clover-scented grass
Among the new-mown hay;
Among the husking of the corn,
Where the drowsy poppies nod,
Where ill thoughts die
and good are born,
Out in the 'open' with God".

—Louise Imogene Guiney
From "THE PINE LOG"

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SMOKE HOUSES FOR SMOKERS?

by Laura Logie
Health Editor
North Battleford Health Region

A funny thought occurred to me the other day as I read about what Norway and Sweden are doing to discourage cigarette smoking. If smoking is barred in more and more public places, and in more and more homes, maybe someday there'll be special smoke houses where smokers can go to relax and enjoy their habit in the company of other smokers! Well, it was a thought.

If you think we're hard done by, listen to this. Norway has prepared a new law which allows no advertising of tobacco products whatsoever, requires health warning statements on all packets, prohibits the sale of tobacco to persons under age 16, and gives the government authority to regulate the content, weight, filters and other health-related features of tobacco products.

Sweden has even bigger plans and has begun to implement a program which aims to raise a nation of non-smokers, starting with all Swedish children born in 1975! Intensive anti-smoking education is expected in schools and prenatal clinics; so are regular price increases through higher

taxation, progressive reductions on advertising, prohibitions on smoking in public places and more help for people who want to quit smoking.

For a number of years now, some Saskatchewan health regions have been conducting seminars on smoking and health. These were for Grade 8 students who have been chosen by their classmates to represent the various schools in the region. We're now inviting Grade 5 and 6 students. At the same time we realize there is a good case for starting smoking education in Grade One and earlier. The Swedish program emphasizes the importance of a child growing up in a non-smoking environment and this is where we're stymied! For smoking in adults does have the effect of encouraging some kids to follow their example. Although many adults have quit for one reason or another, many more are not about to give up a habit which makes life a little more liveable for them, even if only for a few minutes at a time.

S.A.T.L. News Quarterly



GOOD INSURANCE

(continued from Page 1)

has never smoked. Generally though, the emphasis is on present smoking habits. At least three major companies require only a simple statement that the person hasn't smoked for one to three years. Several others rely on interviews and inspection reports.

The benefits of quitting smoking can come quickly. One Canadian experiment showed remarkable improvements in lung function after

only six weeks of stopping smoking. Sensitive tests showed there had been a reversal of the lung damage—blockage of the small breathing passages—done by smoking. Even in one subject who had smoked for 46 years!

The benefits are usually permanent, too. Staying off cigarettes for ten years forces the premature death rates for smokers down to the level for nonsmokers.

from "Your Health"

Editorial Comment

We have had a few notes from readers saying that they haven't received a Health Rays since June. We must confess that as of this date (September 7) there hasn't been an issue since June. We just haven't been able to get around to writing, but now things should start getting back to as near normal as they usually get. This is, as you will notice, the combined July-August issue, but is considerably later than we had intended.

The situation at the Miller Hospital is also somewhat different from what had been expected. Floor 1 was indeed vacated at the end of June - the plan having been for it to remain closed for the months of July and August. About twenty-five patients were discharged in the last five days of June. These, however, were soon replaced by twenty patients from the Kings County Hospital, on July 11, and eleven patients from the Cape Breton County Hospital about one week later. These patients have occupied Floor 1 and have, for the most part, constituted a separate unit and have been cared for mainly by staff members from the Kings County Hospital. This transfer, as most of our readers are aware, was made necessary by the strike which affected those two hospitals. There has now been a settlement and it is understood that these patients will be returning to the Kings County Hospital tomorrow. Their presence has resulted in a great deal of extra work for some departments - notably the Laundry, where short staff and rearranged time off have made for hardships in the heat of summer.

There are many signs to remind us that the summer is nearly at an end. Well, yes, there is the coolness of the nights, and the sound of the crickets in the field, but there is also the return of Dr. Holden and Dr. Quinlan from their

summer holidays. They have been back at work today, and will now be attending a meeting in Cape Breton for several days.

As another sign, our children are now back in school - showing more enthusiasm about their return than many of us used to a number of years ago.

Speaking of signs, our brother in New Glasgow used to annually entertain our mother with comments on the signs that might indicate whether or not we were to expect a severe winter. Well, when visiting him at the end of our vacation he pointed out that the spruce trees bordering two sides of his property did, indeed, have an over-abundance of cones! I simply pass this information along for what it may be worth when formulating plans for winter!

We haven't heard anything from Eileen Hiltz since vacation time, except that she has been doing some travelling. Perhaps we will have an article from her for the next issue.

We are very sorry to report that Anne-Marie lost her father in June. She has just told us that on the back of a painting of his was a poem he had written: "Le Soir de la Vie" - "Life's Sunset" - which seemed so appropriate that it was printed on the Thank-you cards from the family of Prof. Willie J. Belliveau.

A young mother was trying to impress upon her small son the importance of going to church every Sunday. She pointed to a famous picture of the Pilgrims going to church.

"See", she said, "there's how the little Pilgrim children went to church with their mummies and daddies. They liked to go. They went willingly".

"Oh, yeah?" the boy replied. "Then why is their daddy carrying a gun?"

RESTORED

Bessie Fairn Mason

'Twas in the dawning light of early morning,

As scintillating wavelets lapped the sand,
That seven disciples ate that ne'er forgotten breakfast,

Prepared for them by Jesus' willing hand.

'Twas there that Peter, grieved because the Master

Thrice asked of him the question - "Lovest thou me?"

And Peter's conscience needed no reminder

How crowed the cock, at his denials three.

How humbly now was Peter's answer given

"Thou knowest, Lord! Thou knowest that I love Thee"!

What sorrow filled the heart of Peter then,

That he, because of cowardice, should doubted be!

And then, as token of forgiveness of his weakness,

The Master bade him feed His lambs, and tend His sheep.

'Tis thus today! He pardons our transgressions,

And gives to us some precious charge to keep.

And as we daily strive to do His bidding,

Feeding His lambs, and tending to His flock,

We taste forgiveness sweet, and growing stronger,

We stand more firmly on our Mighty Rock.

ANTI POLLUTION VITAMINS?

The conflict about cold-curing effects of Vitamin C is still unsettled. Now there are claims that Vitamin E may be an anti-pollutant agent. The evidence is certainly not all in. Dr. Daniel B. Menzel of Duke University Medical School exposed rats to ozone and nitrogen dioxide, two by-products of engine fumes. After rats were exposed to a daily dose of ozone to one million parts of air - the rats died after 11 days. Those given Vitamin E lasted 6 days longer. Animals exposed to nitrogen dioxide died after 8 days; those given Vitamin E lived ten days longer.

Dr. Menzel attributed these results to the vitamin's ability to prevent the loss of natural unsaturated fatty acids in the lungs - a loss, he says, that pollutants trigger. According to him, the vitamin also helps protect thickening of the cell membranes in the lungs. In experiments with humans, Dr. Menzel found that red blood cells were more resistant to damage from pollution if the subjects were given Vitamin E.

QUOTES

1. If God were small enough for me to understand, He would not be big enough to meet my needs.

2. Nowadays your paycheck that arrives none too soon, is too soon none.

3. We'd all be better off financially if we'd act our wage.

4. A small town is where it's no sooner done than said.

5. Adam's first day was the longest, no Eve.

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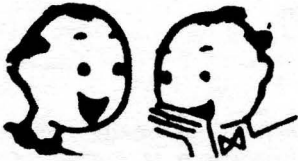
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"Most of this world's useful work is done by people who are pressed for time, or are tired, or don't feel well".

Just Jesting



The class was studying Africa and when the teacher asked how ivory is used, one small boy excitedly held up his hand. "Most ivory", he said, "is used for soap".

If he can remember so many jokes, With all the details that mold them, Why can't he recall, with equal skill All the times he's told them?

A farmer and a college professor were travelling together on a train. After a few days, they got tired of talking and reading so the professor suggested they play riddles.

"Every time you miss a riddle you give me a dollar, and every time I miss a riddle I'll give you a dollar", said the professor.

"You're better educated than I am", the farmer pointed out. "I'll give you 50 cents."

The professor agreed and the farmer made up the first riddle.

"What has three legs walking and two legs flying?" he asked.

The professor didn't know so he gave the farmer a dollar.

The farmer didn't know either so he gave the professor fifty cents.

The foreign student, invited to a social gathering, was a bit hesitant about attending. His english was still poor. But his friend gave him a book of etiquette and he memorized certain handy phrases.

At the social, the hostess served ice cream and he expressed his appreciation: "Thank-you, Miss, Mrs., or Mr., whatever the case may be".

Mrs. Rich: "I want to buy a piano".
Shopman: "Yes, lady; now here is a grand piano".

Mrs. Rich: "Oh, just a grandpiano is no good to me. I must have a magnificent one at least.

The Greatest in the World

An American staying in a London hotel was introduced to an Aberdonian who asked him:

"An' what country do you belong tae?"

"The Greatest Country in the World!"

"Man! so dae I", replied Sandy, "but you dinna speak like a Scotsman".

McPherson had to dismiss his gardener for dishonesty, but as the man had a wife and children, he wrote him a testimonial as follows:

"Angus was my gardener for two years and got more out of my garden than any other man".

The man had barely paid off his mortgage on the house when he mortgaged it again to buy a car and, not long after, he borrowed money to build a garage. His banker hesitated, and said, "If I do make this new loan, how will you buy gas for the car?"

"It seems to me", replied the borrower curtly, "that a fellow who owns a big house, a car and garage should be able to get credit for gasoline!"

DUE UNTO OTHERS

They have a colored TV set,
Their station wagon's new;
When they eat out - it's
crepes suzette,
They'd never order stew!

They keep the Joneses on the string
With fashion's latest raiments;
They're up-to-date on everything
Except . . . the weekly payments.

◆◆◆◆◆

RON ILLSLEY
ESSO SERVICE STATION



Chaplain's Corner

Gordon Kissner
Student Chaplain

FRIENDSHIP

Someone once wrote; "There is no man so poor that he is not rich if he has a friend; there is no man so rich that he is not poor without a friend". All of us desire human company. We can name countless numbers of people with whom we are acquainted. But how many of these can be considered intimate or true friends?

What comprises friendship? First, we need to know all about each other. We must spend time talking and sharing with each other. This also demands sharing and revealing the very personal and intimate things about ourselves, including our faults and failures. Yet, this type of relationship demands that we unconditionally accept each other. That is, we must not try to make each other something we are not. A true friend could be defined as someone who knows all about us and still likes us.

Furthermore, true friendship requires spending time doing things together. Being involved in activities together helps a friendship to grow.

Also, there is no limit to which friendship will go. The following story by C. F. Andres illustrates this: "In the 1914-18 war there were two men who were close friends. One was left wounded in no-man's land between the trenches. His friend waited until darkness came and then at the peril of his life crawled out to help him. The first words which the wounded man said were, 'I knew you would come,'" (Wm. Barclay, *Daily Celebration*, pp. 209-10)

The essence of real friendship is presence and support. Friendship may mean taking some kind of direct action when help is needed; it may mean silently listening to a heart being unburdened. It means accepting and supporting our friend without judging

or rejecting him whether we agree or not. Friendship is sticking close to another.

Yet there is a friendship which is beyond any human experience. The writer of Proverbs said a wonderful thing: "There are friends who pretend to be friends, but there is a friend who sticks closer than a brother". (Prov. 18:24, R.S.V.) The essence of Christianity is the offer of the gift of friendship with Jesus Christ. The Gospel or "good news" is basically God offering each of us a gift - a gift of new life. This new life is friendship with Him. And this friendship is experienced through Jesus Christ.

The Bible teaches us that Jesus was not only a historical character but that through His resurrection He is alive and existing today. Because He is alive, we can know Him personally. Open a Bible and read what Jesus did and said. Speak to Him in prayer, asking Him to reveal Himself more fully to you. Share your experiences, questions and doubts with those who know Him personally. You will discover, as so many others have, that you are growing in knowledge of Him. Out of this knowledge, the reality of His presence and friendship will arise.

Jesus said: "I am the way, and the truth, and the life; no one comes to the Father, but by me. If you had known me, you would have known my father also . . ." He who has seen me has seen the Father . . . Jesus said to him (Thomas), 'Have you believed because you have seen me? Blessed are those who have not seen and yet believe'. 'You are my friends if you do what I command you.'" (John 14:6-7, 9; 20:29:15:14 R.S.V.)

The gift of God's friendship awaits your acceptance.

CHRISTIAN PATIENCE

A person's true worth is best revealed only in time of affliction. While all goes well with a person, while he possesses health and temporal abundance and the affection of relatives and friends, there is no way of determining whether he has a strong or a weak character. But when pain and sickness make life a burden, when financial difficulties press on every side, when those who appeared to be loyal prove false - then only one who is truly brave can meet the difficulties with fortitude and carry on his duties perseveringly and conscientiously.

The mere bearing of suffering is not a virtue. Sometimes we meet men and women who have trained themselves to accept pain unflinchingly, without any other motive than personal gratification which they experience in triumphing over their feelings. This is what is called stoicism, an ancient philosophical system which taught indifference to suffering as the supreme act of virtue. Suffering as such is an evil; and no human being in his right senses should assume an attitude of indifference towards it, for our nature tends to repel whatever is painful. The endurance of suffering becomes virtuous only when it is directed to a good end. Then we have the virtue of patience.

The Christian, to be a worthy follower of Christ, must willingly endure sufferings from a supernatural motive. There are many such motives, prompting us to genuine Christian patience. The willing acceptance of trials and afflictions is a most commendable and fruitful form of penance. The patient endurance of sufferings that come to us involuntarily is also a true act of mortification.

Another precious fruit of Christian patience is the fostering of the all-important virtue of resignation to God's will. The very foundation of Christian holiness is the conformity of man's will to that of the Almighty.

Humility, another basic Christian virtue, is also an effect of suffering patiently endured. In time of tribulation and distress man best realizes his own weakness and his absolute need of divine assistance, and this conviction stimulates him to pray humbly to God for help and strength to make him realize that everything he has is a free gift of God.

Msgr. J. H. Durney
in THE VETERAN

IN APPRECIATION

The family of the late Ernest Feener who passed away at the Miller Hospital would like to express a special thanks to Drs. Quinlan and Kloss, the nurses in the Intensive Care Unit, and to all the staff who were so thoughtful and kind. God bless you all.

Mrs. Ernest Feener and Family
per Verna Whynott (daughter)
R.R. 3 Middleton, N.S.

The wife and family of the late William K. Sharpe wish to express our sincere thanks and appreciation to the nurses and staff for their kindness and excellent care while he was a patient on the First Floor at the Miller Hospital.

Special thanks to Dr. Rostocka and other doctors who attended him; also to his many friends, and to the visiting clergymen, who called on him. All was greatly appreciated.

Bernice Sharpe and Family
Avonport, N.S.

I wish that I could hold, throughout the long year, the realization that there is no gulf of years or miles in friendship and that those long letters which I find time and impulse only at Christmas-time to write to friends far away, could be written at any other season.

—Phyllis Duganne

OLD TIMERS

We received a good volume of mail during July, which has slowed to a trickle during August - so, many of the notes that we will be passing along will be more than a month old. Quite understandable, with vacation and all

Here is a note from Ada Martell, 1350 Birmingham St., Halifax, who was in the West Infirmary several years ago: "Sorry to hear that Health Rays will be ending, for we have all enjoyed it. My health has been very good since coming out of the hospital, and I am still doing a few hours work. Going on vacation to Cape Breton in a few weeks and may perhaps visit the Miller Hospital later. A fond "Hello" to all the good doctors and nurses who looked after me, and best wishes to all patients for a speedy recovery. Always a friend of the Sanatorium/Miller Hospital."

From a more recent patient, Mrs. Mary DesBarres, River Hebert: "Just a note to say I am enjoying the best health I have had in years, thanks to the doctors and staff of the Kentville San. A special Hello to my room mate, Mrs. Alva DeMone. I hope to visit the San some time this summer. Sorry to hear that Health Rays will be discontinued, as I always look forward to receiving it"

Mrs. Lucie (Saulnier) Neveu, 1603 Sheppard Ave. W., Downsview, Ontario, says, "I will truly miss the Health Rays - have been receiving them for many years. I believe since 1961, if not longer, and have always read them through. There have been so many changes at the Sanatorium that I wouldn't recognize the area anymore, but we suppose it is all for the best.

"We have four sons and the three oldest ones are very much aware of the articles in Health Rays and often find

something useful in it for school.

"Please remember me to everyone, and best wishes to each and everyone"

Mrs. Mary E. Corbin of Pictou says that she has been enjoying good health and comments on the good care received at the San. She had the misfortune of breaking her right wrist in a fall awhile ago, so was unable to write for a time (but I think that her writing hand is co-operating well again).

We have a note from Mrs. Tena J. Crosby who wishes to be remembered to all of her friends at "The Miller", and I notice that her address is apparently changed from Waverley to 21 Albert St., Apt. 105, Dartmouth. Thanks for the note!

We have a note from Mrs. Willard (Dorothy) MacDonald, R.R. 2 Pictou, who writes: "I'm very sorry to hear that you will not be publishing any more Health Rays. My copies are read and reread by all of us and then mailed on to my cousin in Brandon, Manitoba. I am feeling well and will be going in for my yearly check up in August.

"Best wishes to all the patients and staff of the Miller Hospital. To me it will always be the N.S. Sanatorium. I was there in 1947-48 for one year, again in 1952-54 for 1½ years, also April-May in 1970. Wonderful care was received." And thank you, Mrs. MacDonald, for the kind note. The Sanatorium has, indeed, been fortunate in having so many faithful friends and supporters.

Miss Madeline Spence, R.N., of Ellershous sends her greetings and warm wishes to all.

Delbert Slauenwhite, R.R. 1 Italy Cross, writes that he has saved all of his copies of Health Rays and intends to make a book out of them.

Mrs. Mildred Romain, 422 Main St., Yarmouth, says that she has enjoyed Health Rays as a means of keeping in touch, and will always remember the

Ins And Outs



MILLER HOSPITAL ADMISSIONS

JUNE 1 to JULY 31, 1976

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JUNE 1 to JULY 31, 1976

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INS AND OUTS

(continued from Page 15)

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 Heard about the new recipe for a real sponge cake? You borrow all the ingredients.

OLD TIMERS

(continued from Page 13)

comment which I have heard from many of the "San graduates".

While at Mary Doucette's recently, I saw Evelyn Lombard and Zelma LeBlanc of New Edinburgh and Grosses Coques respectively. These two will be remembered as the "Comeau sisters" from Belliveau Cove who were here in the '40's also.

Nellie Stronach of Kingston who was here in 1946 was in for her check-up this month. She keeps quite busy travelling and looking after her household, and looks the picture of health.

When Helen McKinnon and Marguerite MacNamara Parker were "exploring" around the province, they stopped in to visit Birdie and Al Moores in Kingston, N.S. They had a happy reunion as the four were here in 1944 and had much of which to get caught up. Marguerite who now makes her home in Ottawa spent the summer, with her husband, at their cottage at Aylesford Lake.

SATISFIED

by Bessie Fairn Mason

When the future lies ahead of us, a dark and stormy way, —
 And we cannot see Tomorrow through the shadows of Today, —
 Then suddenly the dark clouds lift, and the sky is bright and clear, —
 And we can see beyond the rift, and God is very near.

With simple child-like faith, we find in Him the perfect rest, —
 Within the knowledge of His care the end of every quest.
 Though we have searched the outside world, we could not find our goal;
 We find true Happiness within the quiet of the soul.

THE MILLER HOSPITAL ACTIVE STAFF

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J.J. QUINLAN, M.D., F.R.C.S. (C), F.C.C.P.	Surgeon
F.J. MISENER, M.D., F.C.C.P.	Radiologist
MARIA ROSTOCKA, M.D.	Physician
*G.A. KLOSS M.D., F.C.C.P.	Physician
BARBARA LEITCH, M.D.	Physician

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The above clergy are constant visitors at The Hospital. Patients wishing a special visit from their clergyman should request it through the nurse-in-charge.